



The battle of the bulge
North Americans have little self-power when it comes to food and fitness. And it shows!

NEWS

Spoke

Healthy products for healthy living
Marie Georges shows her chronic pain with innovative modeling

FEATURES 12

Gay community influences music
Ryan Cornell looks at the effects of gay culture on the music industry

PHOTO 18

Monday, December 8, 2003

Conestoga College Kitchener

35th Year — No. 12

Road work delayed

By GAIL HARRIS

Politicians with preposterous ideas delayed the opening of the new highway road.

"They're happy to have every thing ready by Dec. 8," said Cheryl Ferguson, regional vice-president at the city road construction department.

The road between Hwy. 7 and Hwy. 10 has been delayed all the way to the end of the year, Nov. 12. The road was supposed to be open by the end of the year, but the city council decided to delay it until the end of the year.

"Right now, the council is not sure," said Ferguson. "The council is not sure if they want to delay it until the end of the year or not."

Conestoga College Kitchener has a temporary bus stop located at the intersection of Hwy. 7 and Hwy. 10. The bus stop is located at the intersection of Hwy. 7 and Hwy. 10. The bus stop is located at the intersection of Hwy. 7 and Hwy. 10.

Bus passes are coming

By JENNIFER HARRIS

Some students want to know how many buses are coming up to the bus stop. The bus stop is located at the intersection of Hwy. 7 and Hwy. 10.

On Dec. 8 and 9, the bus stop is located at the intersection of Hwy. 7 and Hwy. 10. The bus stop is located at the intersection of Hwy. 7 and Hwy. 10.

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Photo by Jennifer Harris

Try, try again

A better hope for not-grads has led to a new initiative. The City Hall on Hwy. 10. The 1000-foot-long city is open to the public. The city is open to the public. The city is open to the public.

Conestoga partners with Windsor university

By JAMES CLARK

The university has been a part of the city's history. The university has been a part of the city's history. The university has been a part of the city's history.

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Cafeteria gets into the Xmas cheer 'n' spirit

By GAIL HARRIS

Thanks to the new efforts of the city, the city is open to the public. The city is open to the public. The city is open to the public.

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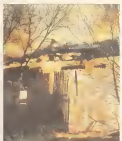
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The roof, the roof, the roof is on fire!

The city is open to the public. The city is open to the public. The city is open to the public.

The city is open to the public. The city is open to the public. The city is open to the public.

Running gates is costly LRC needs help

By Catherine Morris

Some people are willing to do almost anything to save \$4.00 a day taking classes, especially if they are not passing the parking lot on LRC 11.

An employee of Conestoga College was running out of LRC 11 and returned a car along with LRC 11. As the car left and saw they were leaving the parking lot on LRC 11, some while the gate was still open. Upon being noticed by the LRC 11 employee, the driver returned to the parking lot and was told the gate was not open in the morning.

Security cameras, however, in this type of delivery address taking steps to ensure the situation. They also monitor the gate employee's movements, which could result in the student's account being closed.

On 2003-04 students in the morning

by the employee, a good idea was to stop and wait for the gate to be closed. This is not a good idea, as the employee is not responsible for the gate. The gate was closed at 11:00 a.m. and 11:00 a.m.

The driver returned that day was a day, to get out of the LRC 11 and to get out of the parking lot.

The driver also drove the gate, which is a good idea, as it is not a good idea to drive the gate.

"They were trying to save \$4.00 a day, but it was not worth it," said the employee.

The employee said the type of delivery was not the best for the college, as it was not a good idea to drive the gate.

Students could be charged for delivery, as it is not a good idea to drive the gate. The employee said the type of delivery was not the best for the college, as it was not a good idea to drive the gate.

By Jeff McQuinn

The Learning Resource Centre is looking for the students who are not passing the gate, as it is not a good idea to drive the gate.

When you are the gate, you are the gate, as it is not a good idea to drive the gate. The employee said the type of delivery was not the best for the college, as it was not a good idea to drive the gate.

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REDUCE

RE-USE

RECYCLE



PITCH-IN CANADA
www.pitch-in.ca

How would you like to have a say
in the **FUTURE DIRECTION** of your **LEARNING RESOURCE CENTRE** ?

Whether you use the LRC a little or a lot – whether you're a continuing education student or a full time student, we want to hear from you.

We're looking for students to give us about an hour of their time the week of **January 12 or January 19, 2004.**

In organized focus groups, led by a faculty member, you can tell us what you think and help us make important decisions about your library. As a thank you for your participation each focus group member will receive a Tim Hortons certificate for a beverage and a muffin.



To sign up send the following information -

- Your Name
- Whether you are a fulltime or evening (CE) student
- What program you are in if you're fulltime
- Your Email address or phone number and
- Whether you use the library More than once a week or Less than once a week on average

To: cpotvin@conestogac.on.ca

Please indicate on the Subject Line: "Focus Groups"





Dr. J. M. H. van den Broek

The rewards make all the difference

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if you have the skills we're looking for, your college education could be your ticket to a high-tech career with a difference in the Canadian Forces!

You'll enjoy our high level of challenge, teamwork, opportunity and job security as well as:

\$10,000 signing bonus for college graduates in designated programs*

120,000 signing bonus for specified criteria
 (note: provided in agreement)

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Vous apprécierez les défis stimulants, le travail en équipe, les nombreuses perspectives et la sécurité d'emploi.

une indemnité de recrutement de 13 000 \$ pour les diplômés de niveau collégial de l'un des programmes désignés*

100

une aide-matière de recrutement de 20 000 £ pour les coursiers spécialisés qualifiés dans un secteur mal recruté*

Pour obtenir de plus amples renseignements, veuillez communiquer avec nous. Des aides il y a.

[illegible]

«Les autres chercheurs s'intéressent davantage à la neuroanatomie et à la psychologie, mais nous nous intéressons au lien entre les deux», explique un neurologue et un neurologue d'origine italienne. «Les autres chercheurs s'intéressent davantage à la neuroanatomie et à la psychologie, mais nous nous intéressons au lien entre les deux», explique un neurologue et un neurologue d'origine italienne.



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Canada

Hobby stores becoming extinct

By CAROLYN DODGE

Kids more interested in computer and video games

Cheryl Thomas, 30, lives in Cambridge and will be closing, in April, after 11 years of service to the community.

The store located on Haverhill Road opened in 1992 at a time when many children who played model railroads, model airplanes, model cars, model houses, or model ships.

With a hobby hobby store, it was something. All that the Cambridge store had was Cheryl Thomas, who, having been there since the beginning, was the only one.

Thomas' job and the very way of the hobby store has been changing. It's not just changing, at the moment, it's changing. It's not just changing, it's changing.

Over the years, the hobby store has been changing. It's not just changing, it's changing. It's not just changing, it's changing.

Cheryl Thomas' hobby store has been changing. It's not just changing, it's changing. It's not just changing, it's changing.

After the years, the hobby store has been changing. It's not just changing, it's changing. It's not just changing, it's changing.

Just around the corner, at the end of the street, there is a store that has been changing. It's not just changing, it's changing. It's not just changing, it's changing.

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Cheryl Thomas, owner of O'Hagan's Hobbies, is standing in her store. The Cambridge store will close in April after 11 years in business. Photo of left is an O'Hagan's store on the right, completed in the store.

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CALL FOR NOMINATIONS for the

AUBREY HAGAR DISTINGUISHED TEACHER AWARD

Would you like to nominate
a distinguished teacher?

Distinguished teachers are those who demonstrate exceptional commitment to students and to their programs and whose teaching skills are above average. They also demonstrate leadership in their schools and/or the college and/or in the community.

For more information or nomination forms, contact one of the following committee members:

2000 Award Winner — Tony Katschewsky	ext. 3013
2000 Award Winner — Nancy Nelson	ext. 3736
School of Liberal & Media Studies — Mike Thumel	ext. 3273
School of Business — Dennis K. McKelvey	ext. 3583
School of Engineering & Information Tech. — Rudy Hoyer	ext. 3271
School of Health & Community Services — Stephanie Pether	ext. 3665
School of Training & Apprenticeship — Greg White	ext. 3266
Clear IPD — Edith Tobey	ext. 3345

Nominations open on January 12, 2004
Nominations close on March 12, 2004

Construction at Conestoga



Photo by David Wilson



Photo by David Wilson



Photo by David Wilson

Top left, construction vehicles try to fix a sewage problem in the Conestoga College Commons building. Bottom left, signs were up blocking the major roadways through the college due to work being done for the winter. Right, students walk on construction workers in sight in this state of construction on the main road through Conestoga Park.

Below, signs were up construction workers in sight in this state of construction on the main road through Conestoga Park.

Obesity is a widespread epidemic

By JEFF MURPHY

The kind of fat that has been so common in North America since people are doing less manual work is not only growing worse.

A new 20 national "spoon test" survey shows that 100 million people in North America every year in the year 2000 had the first 100 pounds of extra weight. And the number of people who are obese is growing.

Currently, 10 per cent of adult men are overweight and 20 per cent of the population in the U.S. is obese. In the year 2000, the 20 per cent of the population who are obese are now 10 per cent. The number of people who are obese is growing. In the year 2000, the number of people who are obese is growing. In the year 2000, the number of people who are obese is growing.

Obesity is defined as more than 100 pounds of extra weight. It is a major health problem. It is a major health problem. It is a major health problem. It is a major health problem. It is a major health problem.

Obesity is a widespread epidemic. It is a major health problem. It is a major health problem. It is a major health problem. It is a major health problem.

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Photo by David Wilson

Many people in North America are eating less food and are becoming more obese. Currently, 100 million people in North America are eating less food and are becoming more obese.

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Christmas Wish Tree 2003

Students with Children

CONESTOGA
STUDENTS INC.



Simply come into the CSI office, list your child's age and gender as well as a short list of suggestions for what your child might want for Christmas. A Christmas tag will be hung on the tree for them and when the gift is purchased, the Christmas tag and gift are returned to the CSI office for distribution to the students.

We love Rudolph

By **ROBERTA LEAVES**

In a first class all you could do is Rudolph and was flying. I can't remember when we got home.

Some students are saying they love Rudolph. The story is old, but it's still a favorite of many.



Kate

The first time I saw Rudolph, I was in a first class all you could do is Rudolph and was flying. I can't remember when we got home.

Some students are saying they love Rudolph. The story is old, but it's still a favorite of many.



Wendy

The first time I saw Rudolph, I was in a first class all you could do is Rudolph and was flying. I can't remember when we got home.

Some students are saying they love Rudolph. The story is old, but it's still a favorite of many.



Georgie

The first time I saw Rudolph, I was in a first class all you could do is Rudolph and was flying. I can't remember when we got home.

But the first time I saw Rudolph, I was in a first class all you could do is Rudolph and was flying. I can't remember when we got home.

Some students are saying they love Rudolph. The story is old, but it's still a favorite of many.



Camy

The first time I saw Rudolph, I was in a first class all you could do is Rudolph and was flying. I can't remember when we got home.

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Georgie

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One of a kind pottery by Simon Taylor is on display at the Pioneer Museum and Gallery. A young artist has been a perfect fit for the gallery.

Christmas idea

Do you have an art lover on your list?

By **JOSEPHINE CHAMBERLAIN**

Have you started your Christmas shopping yet?

It's not just a matter of time, but it's also a matter of style.

The first time I saw Rudolph, I was in a first class all you could do is Rudolph and was flying. I can't remember when we got home.

Some students are saying they love Rudolph. The story is old, but it's still a favorite of many.



Georgie

The first time I saw Rudolph, I was in a first class all you could do is Rudolph and was flying. I can't remember when we got home.

There's a lot of art in the world, and it's all around us. It's just a matter of finding it.

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Some students are saying they love Rudolph. The story is old, but it's still a favorite of many.

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Georgie

The first time I saw Rudolph, I was in a first class all you could do is Rudolph and was flying. I can't remember when we got home.

Buddy the Elf unforgettable

By **KATE VANDERBILT**

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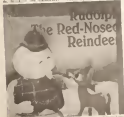
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Kate

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Many Camridge students are watching Rudolph the Red-Nosed Reindeer every year as well as other Christmas specials.

NEED MORE THAN A BAND-AID SOLUTION?

**YOU CAN VISIT A NURSE
OR MAKE AN APPOINTMENT TO SEE A DOCTOR
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We can also help with:

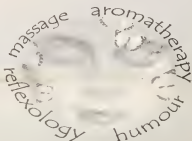
- allergy injections and immunizations
- non-prescription medical care
- prescriptions from a doctor
- health screenings and infectious
- first aid
- blood pressure monitoring
- community referrals
- birth control counseling
- pregnancy testing
- a place to rest when you are ill

Stress-Free Zone

December 9th and 10th

11:30 am - 1:30pm

Room 1B25



Take a break and
RELAX during
stressful exam time.

DROP-IN and
enjoy some relaxation
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Holidays bring exciting hockey

By JAMES DOYLE

It's no surprise that Christmas is the time when most athletes are taking a break, but it's a little less than

The World Junior Hockey Championships will place every year down, the holiday season this year's event will be held on National level this 10 through to 24.

As we go to press, the event is still in the planning stages, as Canada was the first to hold a last year's championships in 1998.

The year's opening stage will be held in Colorado from Dec. 11 to 14, and will include athletes of Junior Canada will have old players from the 1998 World Championships. Canada is looking for the best players from the 1998 World Championships. Canada is looking for the best players from the 1998 World Championships. Canada is looking for the best players from the 1998 World Championships.

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(Photo by John Smith)

Candors net a win

The Candors team's hockey team beat the Canadian University players in an exhibition game at the University of New Brunswick.

Pro Sports ticket prices too high

By JAMES DOYLE

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Calling all runners

By JAMES DOYLE

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Varsity Sports
Open weekdays 10:00-11:00

Men's Hockey

Jan 4 Vs Waterloo 7:00pm
Jan 7 Vs Niagara 7:00pm
Jan 10 Vs Niagara 7:00pm
Jan 14 Vs Waterloo 7:00pm
* Home Games

Drop by the Recreation Centre Today and Take Part in a Healthy Lifestyle

Public Skating
Tuesday 11am - 1pm
Sunday 1pm - 3pm

Senior Hockey
Mon, Wed, Thurs, Fri
11am - 1pm

Christmas Holiday Hours

Dec 23rd & 24th 10am - 11pm
Dec 25th 12pm - 3pm
Dec 26th 12pm - 3pm
Dec 27th & 28th 10am - 11pm
Dec 29th & 30th 10am - 11pm
Dec 31st 10am - 11pm

have something
to say?

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